

PACIFIC HEALTH JOURNAL

MARCH, 1903

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Volume XVIII
No. 3



A TREASURE for CHRISTIAN MOTHERS

The Rev. Joseph F. Flint, a gentleman who has spent many years laboring among boys in industrial and other schools, and who has made the subject of their training and their mental, moral, and spiritual development a life study, has written an excellent work, entitled

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The Rev. James R. Kaye, Ph. D., author of "Christian Science Examined," has contributed a splendid chapter, entitled "The Crown of Child Culture."

Mrs. McVean Adams presents a beautiful address, headed, "The Mother and Her Bible."

As a fitting conclusion, the Rev. Clement E. Babb, D. D., the associate editor of the *Herald and Presbyter* and the *Interior*, powerfully advocates "The Bible in the Home."

We earnestly recommend this book to all Christian parents

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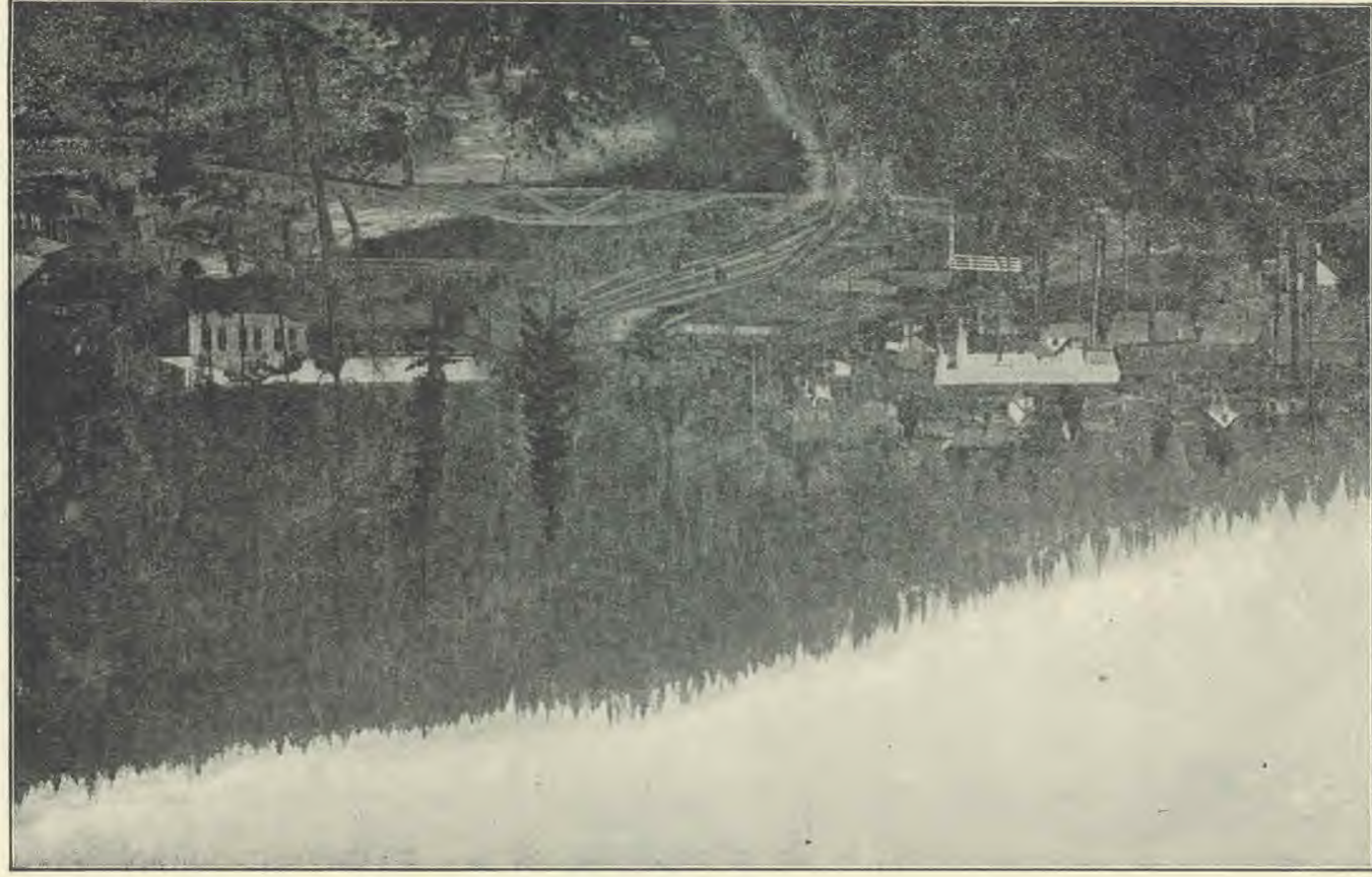
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PACIFIC HEALTH JOURNAL

A Sound Mind in a Sound Body

VOL. XVIII.

Oakland, California, March, 1903.

No. 3.

Preventive Medicine.

By Frederick M. Rossiter, M. D.

THE origin of the word physician, from the Greek *φυσικός* from *φύσις* nature, shows that the physician is, by vocation, the friend of nature. By vocation he cooperates with nature in protecting the human race against disease. In the past he has wrestled with disease to tear it away from the person attacked, and the person has suffered from the struggle. Later he has begun to protect his patients from assault. He has surrounded them with a wall of defense—the defense of sanitation, disinfection, and antiseptis. In the future he will do more than this. He will devote his skill to increasing the strength, the endurance, the vigor, the muscular and the mental energy of every individual, so that disease can not approach him. He will still need, as a general protection, disinfection, antiseptis, and sanitation, all of which may be summed up in the one word, cleanliness, but the natural resistance and the vital force formerly expended in a constant warfare of self-defense may then be used in developing to greater perfection every physical and mental power. This is the ideal of preventive medicine. How to reach and to maintain it is the problem.

The distinctive triumphs of the past century in this direction are trophies of which the world, as well as the medical profession, may well be proud. In civilized countries the causes of disease are no longer regarded as supernatural manifestations of the wrath of the Almighty, hurled for personal vengeance upon individuals, cities, nations, but are beginning to be looked upon as simple, natural influences, having a natural origin and producing a natural sequence, namely, disease. Epidemics, diseases, and deaths that two centuries ago were attributed to witchcraft, evil spirits, the evil eye, that were in consequence to be warded off by incantations, magic spells, and amulets, are now known even by the laity to be the result of natural morbid agencies, originating in the violation of natural law. However, superstition and ignorance have not altogether vanished. Even to-day thousands of deaths that were preventable are accredited to "Providence," whereas, they are, in reality, directly due to ignorance, neglect, and squalor. While epidemics resulting from filth no longer terrorize civilized nations, as they formerly did, the prevalence of many diseases resulting from high living, errors in diet, lack of exercise,

and high nervous tension is steadily increasing. Hence the sanitarium of to-day, while taking courage from the victories of the past, must also take warning from the evils that remain.

Leprosy was practically blotted out of Europe long ago by the isolation and segregation of those afflicted. The smallpox, which for centuries stalked unchecked through Asia and Europe, has been shorn of its horrors by vaccination and sanitation. Only where these precautions are neglected does it flourish. The plague, that curse of the Middle Ages, knocking lately at the doors of London, New York, and San Francisco, has knocked in vain. Thanks to quarantine and sanitary laws, to the vigilance of health officers and to hygienic teaching, it can not gain a foothold.

If the same conditions prevailed to-day that existed one hundred years ago, we should see this curse of ignorance trailing its filthy black garments through the poorer parts of all our great cities.

On the other hand, pneumonia, cancer, diphtheria, insanity, specific diseases and chronic disorders, as gout, rheumatism, Bright's disease, diabetes, chronic alimentary disease, and organic disease of the liver and heart, are clearly on the increase, and this in the face of public sanitation, hygienic regulations, and medical progress. At the last meeting of the American Medical Association Dr. Olsen stated that gout was two-thirds as common in the United States as in England. Dr. Wutzdorf shows that between 1879 and 1898 cancer increased in Germany 266 per cent. In 1892 2.6 per cent of all deaths in that country were due to cancer; in 1898, 3.5 per cent. Out of 100,000 persons,

59.6 deaths were due to cancer; in 1892, 70.6 per cent, an increase of 18.5 in six years.

Dr. George M. Gould, of Philadelphia, claims that of the 70,000,000 people now living in the United States more than 10,000,000 will probably die of tuberculosis. Olsen states that 1,200,000 of the inhabitants of the United States have this disease at any one time. One-third of the deaths occurring between the ages of fifteen and sixty are said to be due to it. Of pneumonia Doctor Gould declares that it is now killing more of our citizens than pulmonary tuberculosis, so that we may say that nearly one-half of our mortality is due to diseases of the lungs.

While the average rate of longevity is increasing, this is by no means an indication of race improvement. By the prevention of epidemic and endemic diseases thousands of weak and sickly persons are kept alive, who in former times were carried off by nature's method of securing the survival of the fittest. These people lower the standard of life and health. It has been shown conclusively that the increase in longevity is not due to an increase in the number of persons living to a great age, but to the prevention of fatal epidemics, and to the increase in the number of babies that successfully weather infancy, owing to the better care they receive. The fact is that persons of advanced age are much less numerous at the present than they were half or even a quarter of a century ago.

That the human race is deteriorating physically is evidenced in other ways besides diminishing longevity, increased susceptibility to pulmonary tuberculosis, cancer, and other organic

diseases. One of these is the marked increase of deformity among the young, and especially children. An examination recently made in England under medical supervision showed an enormous proportion of deformed children in the public schools. Spinal curvature, abnormal narrowness of the waist, prolapse of the stomach and abdominal organs, movable kidneys, are all too common to attract especial attention.

Near-sightedness is another indication of physical degeneracy. The normal human eye is far-sighted, but civilized man almost universally suffers from myopia. Diseases of the eye are growing more and more frequent.

Professor Pflüger found among 45,000 German school children more than one-half suffering from defective eyesight. In some schools as many as from seventy to eighty per cent of near-sighted persons were discovered.

The almost universal premature decay of the teeth is another symptom of race decay. It indicates a lowered vitality of the whole body.

Oliver Wendell Holmes called facts "the brute beasts of the intellectual domain." These enumerations and statistics are some of the brute beasts that confront the physician when he approaches the problem of preventive medicine.

Evanston, Ill.



The Cigarette Curse

By J. O. Corliss

UNDER the head of "An Increasing Danger" a writer in a late London paper comments on the increasing demand for cigarettes, and the blighting curse that follows their continued use. So popular, indeed, has cigarette smoking become with small boys in England that the trade is catering to their childish ideas by stamping the packages of these vile things with the pictures of their favorite military characters. The result of this scheme is that the dealer who carries a stock with the most coveted sketch and title reaps the largest harvest of ill-gotten gain from the small boy of the street.

Even special machinery is devised and employed to cope with this unnatural demand. It is said that one firm alone in England employs fifty ma-

chines, and that each machine puts out 200,000 cigarettes a day. These millions upon millions of filthy, health-destroying agents are distributed from every little penny "tuck-shop," and from the automatic machines at the street corners.

Of course the government receives a large income from such volume of trade in a heavily-taxed commodity; but it can not be that it regards the welfare of its future subjects, or some restrictive legislation would be enacted, as in Norway, and in most of the states of America.

Speaking of the subtle power of the cigarette over the child, the writer of the article alluded to says:—

"It is difficult to understand the fascination which the cigarette undoubtedly exercises over children not

yet in their teens. Having commenced in a show of bravado, or in imitation of bigger companions, the small boy seems rapidly to become an enthusiast."

It matters not that the first attempt to use the wretched stuff poisons one, so that he becomes deathly sick. Soon after the first paroxysm passes, a second attempt is made, with less morbid effect; and so the thing is kept up until nature ceases its efforts to throw off the condensed poisonous vapor taken into the stomach through the tainted saliva of the mouth.

The baneful result of this persistent war against nature is well set forth by our London writer as follows:—

"That the mere boy should prefer his rank packet of weeds to its value in dates or roast chestnuts, is evidence of some sinister fascination, for he derives no benefit from his smoke. Physically it tends to his depravity. True there is no definite lesion, no ostensible disease, no visible deformity arising from the habit. The 'fag' is a small thing, and it gradually accomplishes its results. The constant repetition of the small thing tells. It is tobacco *versus* the growing child. The delicate tissues and processes of his tender organism are stunted and warped by the constant absorption of the toxic agent.

"It is upon the nervous system principally that nicotine is most potent. The fine tremor of the hands, the faulty vision (so marked in some cases as to give rise to a peculiar form of partial blindness, known as tobacco amblyopia, a test for which is inability to distinguish at a glance between gold and silver coins), the irregular, excitable action of the heart, often accompanied by serious pain and faintness, the disorders of indigestion, the furred

smoker's tongue, and the irritable throat are all common manifestations of oversmoking.

"For his penny—previous to the advent of the cigarette—the half-starved waif at any rate obtained a modicum of nourishment—a few ounces of flavored sugar or of baked fruit and flour. To-day his undersized form and wizened features proclaim his deterioration. A high medical authority attached to one of the best known of our provincial hospitals for children ascribes the prematurely aged and weary appearance of the children of one of our largest cities to the prevailing habit of cigarette smoking. This is the deliberately expressed judgment of a scientifically trained observer. Medical opinion has always consistently condemned tobacco smoking by the young, and the evil is not lessened, but rather enormously increased, by the facilities and opportunities which the cigarette offers."

Speaking of legislative efforts in other countries to prevent the ruin of boys through the use of tobacco, the writer further says:—

"In this country the pernicious habit holds full sway. No grandmotherly legislation protects the child from this insidious evil, nor do parents appear as fully alive to their responsibilities in this matter as medical authorities could wish. It may be that the effect of the 'fag' on the coming generation is not yet sufficiently pronounced to call for acts of parliament, but it is evident that there is abundant scope for a commission of inquiry; for the fact remains that the immature manhood of our large cities is being dwarfed and enervated by the enormous consumption of cigarettes."

The strangest part of the whole matter is the power of tobacco to blind the minds of so many to these terrible results. How extremely vile a habit must be to make a boy vicious and dangerous among his companions! Yet cigarette smoking has this tendency. It blunts the sense of fellow-feeling so much as even to cause many to degenerate into extreme selfishness. In the words of another writer:—

"To the boy himself we may appeal. The habit is unmanly, if for no other reason, because it threatens to stunt his nature and to make him a weakling and a bad citizen. The youth who makes an exhibition of

himself in public in this manner is rather to be pitied than admired. The present generation has come to consider drunkenness as 'bad form,' and it looks upon juvenile smoking in much the same light. A word may also be addressed to the purveyor of tobacco, who does everything to attract the custom of these infants. He at least knows what he is about, if they do not, and his responsibility is, therefore, all the graver."

Every one who knows these things should feel himself indebted to instruct the boys of this time regarding the evils of this terrible habit.

Birkenhead, England.



The Value of Exercise*

By Dr. A. M. Winegar

FEW people really appreciate how much they might accomplish for themselves by exercise. Most people think they get sufficient exercise while doing their work. When speaking to women especially about exercise they say, "I do my housework." While this is good as far as it goes, there are muscles that are scarcely brought into play. If you should tie your arm up so it could not be used, the muscles would after a time become useless, weak and flabby.

The reason for using the strength test machine is to ascertain the strength of the various muscles of the body, in order that we may know what parts are weak, and prescribe exercise accordingly. With many peo-

ple the arm and leg muscles are strong and the back and abdominal muscles weak; other muscles may be weak, each case being influenced more or less by the manner of life and occupation. The dynamometer reveals the weak parts, and the plan of the exercise should be to develop these weak parts.

We have patients who become discouraged because they lose flesh. It is not of great importance if a person does not gain in flesh. You have your ordinary weight and keep to that usually from year to year. You may lose a little in summer and gain a little in winter, but a gain in flesh is not an indication that you are actually making progress in your case, neither is a loss of flesh necessarily an indication that you are losing. You might gain fifteen pounds in flesh and yet

*From a parlor lecture delivered at the St. Helena Sanitarium.

the strength not be any greater than before. There are very few who will not gain in strength after taking systematic exercise. A man often gains more rapidly in strength than a woman because his muscles are already better developed, but even in women we have seen a gain of 1,000 pounds of strength in a month's time. If you gain that many pounds you are making an actual gain.

Patients come to the sanitarium and take treatments, such as massage, for the muscles. These are all passive exercises and somebody else is doing the work. It may seem too bad when you go to an institution and have to pay for all you get and then have to work your way, but it is the only way to receive a benefit. You can not have some one do it for you. Massage is good for one who can not take exercise; but exercise taken in the gymnasium or outdoors is far more beneficial than any passive exercise.

In some cases, of course, walking would be impossible. It is best to use care in beginning a course of exercise, especially in cases of heart trouble. In dealing with such cases it would be impossible to give gymnasium exercises, but there are special exercises for persons with serious heart trouble. We begin by letting the patient lift one arm above the head and then lower it. That is all for one day. The next day the other arm may be raised, and the following day the two arms may be raised. This may seem a very simple exercise, but some patients can not do more than this. Then they begin to exercise the lower extremities, and after a time the heart and other parts of the body begin to gain strength from the exercise. It is a wonder how much can be accom-

plished for such patients by working carefully and gradually. There are very few patients who come to us who are not able to take exercise of some kind. Patients can take exercise in their wheel-chairs or even in bed if necessary.

When the abdominal muscles are weak or there is bowel or stomach trouble, and where the exercises have to begin in bed, it is well to use the arms in some exercise that will cause the abdominal muscles to contract, gradually increasing every day, until the muscles are strengthened. After a severe illness a person has to learn to walk again. So it is with the muscles that have not been used for some time. If patients would take exercise that way, they would be surprised how quickly they would be up and walking.

Many of our troubles may be relieved by systematic exercise, and many cases of lung disease may be avoided or even cured when begun in time by systematic exercise. This has been demonstrated in some cases where persons have had tuberculosis. They have devoted themselves to exercise out in the open air, breathing full and deep. I know a gentleman who four years ago was pronounced incurable with tuberculosis, and the physician thought he could not live more than six or eight months. The physician told him that his case was really incurable, and that if he had any business arrangement to make he had better attend to it at once. This seemed to stimulate him to action. He said he was not ready to die. He went to his home in the country and took up work in the field, working day and night, taking all the exercise possible, and in two years from that

time he was well and strong, with no lung trouble whatever. It was the determination that he put into his efforts to get well that brought about this good result. Many persons in his condition would have given up in despair.

There is another reason for taking exercise, aside from gaining strength, and that is to increase the circulation over the whole body, so that the broken-down tissues may be carried off and eliminated from the body. So we see that exercise increases the circulation, develops the muscles, and causes the poisons of the system to be thrown off.

Women, particularly, never take exercise enough. They usually do not take other than walking, and the difficulty with the majority is that they walk so lazily and leisurely that they are not benefited. It is not enough to walk out around the grounds. If you walk for exercise you must walk fast and hard enough so you will feel that you are getting a little tired, and then it will do you good. When walking keep the head and body erect. One purpose of the gymnasium is to teach you correct habits of standing and walking. Do not let the abdomen protrude, but keep it well back, head and chest well up. If you do not cultivate this position you will find that the exercises are accomplishing little or nothing. When you are out for exercise, walk vigorously, and take deep breaths of air, so you can feel it in every part of the lungs. When you do this, the walk will do you good.

A short time ago we had two patients here treating for obesity, and they were practically on the same treatment. One went into it as if she

meant business, and walked vigorously, and lost flesh. The other patient did not have ambition enough to go at it as the first one, but walked back and forth leisurely, and hardly raised a perspiration. The first lost twenty pounds, while the other did not lose more than two pounds. The difference was that one put force and vigor into the exercise, and the other walked about in a leisurely sort of way; so when you take exercise, take it vigorously. If you are not able to take all the exercise at once, take the breathing exercises, and then rest a little while. Then take a little more exercise, and rest again.

Our purpose in taking a test of your strength is that we may know how much exercise you can take. It is well to know where you are the weakest, then you can take exercise for that part, and thus gain in strength. There are some patients that I would not advise to go into the gymnasium, and some of these same patients would not be able to take the strength test.

Daily exercise is just as important as treatment or diet, and you will find when you follow it out that you will gain much more rapidly than without exercise. You should walk out every day. While you are taking your walk you are accomplishing two things, getting the exercise, and at the same time taking in deep, full breaths of fresh air. When you go out alone you perhaps are not able to accomplish so much, because you are thinking about something else, and almost forget to breathe.

Breathing exercises are very important. You should use the lower part of the lungs when breathing as well as the upper part. Many women breathe only with the upper part of

the chest, because their clothing is so constructed that it will not allow the free movements of the chest. Many of the physiologies make the statement that in man the respiration is abdominal, while in woman it is costal. If we observe a child, we will see that it breathes correctly. Boys and girls breathe alike until the girl is about thirteen or fourteen years of age. If they breathe alike up to that time,

what has happened to bring about the change?—It is simply that at this time their clothing is made to constrict the body, and it interferes with the respiration. If you should put the same kind of clothing on a boy, he would breathe the same. It is correct to breathe with the abdomen. We should breathe with the whole chest, and then we are breathing in the natural way.



The Cocain Habit

FIGURES on the importation of cocaine leaves into this country show that in the last five years it has increased over 500 per cent. The *Dallas News* in a timely article on the cocaine fiend says: "In his fall from health to physical and mental disintegration the cocaine fiend undergoes a terrible experience. When not in the temporary heaven that the drug provides, the victim is in the lowest depths of an in-

ferno. He is subject to apprehensions, delusions, and hallucinations. He suffers from insomnia, anorexia, and gastric pains, dyspepsia, chronic palpitation, and will paresis. He is a terror both to himself and others. The life of the man is a living death. He knows it, and with this knowledge staring him in the face, he rushes for the drug, and is happy for a brief period under its influence."—*California Voice*.



The Infant

By H. E. Brighthouse, M. D.

THE first few weeks of baby's life determine in a measure its health and happiness, if not the peace and comfort of the family. It is possible to train the baby during the first few days of its life to regularity, which is a great saving to busy mothers; but the effect on the child's own life and disposition is worthy of the effort required to secure the desired end.

After the birth of the baby, the mother has very little milk till the end of the second or third day. This has been the cause of sickness of many babies and doubtless even of the death of very many, though not by any means because of the lack of food,—for the babies are none the worse for having a scanty supply of food during that period. But the baby is started in life with a more or less dis-

ordered digestion, to which many of the ills of the baby are directly traceable, by reason of the solicitude of anxious friends, who fear it is suffering from hunger, and who consequently feed it various sweetened mixtures which it ought not to have. In anxiety for the baby's present welfare, it is forgotten that nature, which has up to this time supplied it so well, has not yet relinquished her care, and is amply capable of continuing it. There must be some wise reason for the delay in the natural supply of the baby's food. At any rate, a normal, healthy baby is better to have nothing at all but pure warm water till it can obtain its food from its natural source.

As the digestive powers of a strong child may be taxed by injudicious feeding during this period, a frail baby, with a slender hold on life, should certainly not be subjected to such treatment. Such an infant may require nourishment till its mother's milk appears in abundance, but food should be given only by direction of the doctor and carefully prepared according to prescription.

Do not be alarmed if the baby cries and think it is for hunger. You will find that it will cry even when it has an abundance of the food provided by nature. There are other causes for a baby's crying than a desire for food. It is almost the one thing the baby can do, and it naturally does it oftentimes without any seeming cause. If left alone it will cry for a few minutes and then quietly go to sleep. But if turned and patted, or if given something to eat whenever it cries, it soon comes to expect such attentions. If the baby cries hard and persistently, there is something the matter, and it must have attention. But how fre-

quently anxious friends begin patting it and soothing it, yes, they even pick it up to jog and rock it at its slightest whimper, not waiting even for it to commence a good lusty cry. Be sure it is dry and warm, especially its feet, then a wholesome letting alone is best for any normal, healthy baby.

We have no sympathy with letting a baby cry indefinitely. The first few days of its life are the foundation of right or wrong habits. Yet, because of the baby's helplessness and newness and littleness, it is the time when its friends are most easily alarmed, and through the attention due to their solicitude habits are formed which make the next few months trying to the friends and wearing to the mother.

From the beginning be regular with it. Every two hours during the day, from 5 o'clock in the morning to 10 o'clock at night, and once in the night at 2 o'clock, put it to the breast. Let regularity with the baby take precedence of everything else; when it is time for it to nurse, attend to it, and manage somehow between to do the many other things which are to be done.

There is in the breasts at first no milk, but a little fluid which acts as a laxative, clearing the baby's bowels of a black substance with which they are filled. For the reason that there is little in the breasts for two or three days, the baby must not suckle long at one time, not more than one or two minutes. Long suckling at the empty breast, especially at this period, when the nipples have not yet become accustomed to the process, is one great cause of sore nipples, a condition most distressing to the mother.

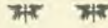
The baby's mouth must be carefully washed both before and after nursing.

Wrap absorbent cotton about the finger; introduce the finger into baby's mouth and wash tongue and roof of mouth with boiled water. The moth-

er's nipples should be washed carefully and thoroughly both before and after nursing the baby.

1436 Market Street, San Francisco.

(To be continued.)



Food for Thought

By J. E. Caldwell, M. D.



GENTLEMAN who gives especial attention to dietetics said to me some weeks ago:

"You may tell Dr. ———

that my hemorrhoids are all gone. One year ago they were very bad. Dr. ——— used to treat them for me. A dry diet has accomplished the cure. I am now entirely well."

Dr. Van Somern, of Venice, writes a very valuable article, which was copied in *Modern Medicine* for November, 1901, in which he declares that slow digestion, dyspepsia, hemorrhoids, stubborn constipation, and many other ills have been cured entirely, and that a high degree of physical energy has been restored when lost, simply by the complete insalivation of all food, both solid and liquid.

I know a gentleman who tried this method after having suffered from slow digestion and canine hunger for years, who said, on rising from the dinner table, "There! that is the first time I can remember getting up from the table satisfied for years." A day or two later other distressing symptoms had disappeared. It will be noticed that a dry dietary must secure slow eating and result in the complete insalivation of food, as recommended by Van Somern. The directions are that the food is to be held in the

mouth and chewed—even though liquid food be taken—until the taste is gone. He states that when the taste is thus lost the food is found to have become alkaline.

In the current (January) number of *Physical Culture* the editor says in the leading article, "Masticate every morsel of food to a liquid before swallowing." It will be observed that this method involves no new principle, but it may serve to impress upon the mind the old exhortation of the hygienist to *eat slowly and masticate the food well*, which no one puts into practise. That "grand old man," Gladstone, quite shocked the world when he announced that "forty bites" upon each mouthful are none too many to grind food well and mix it with the saliva. Try Van Somern's method when eating granola or unshortened and unfermented bread. It will be found that from seventy to one hundred bites are none too many to reduce the food as described. A small quantity of food eaten, well elaborated, must be better than double the quantity bolted and washed down the throat with tea or coffee or water, after which more or less fermentation is sure to take place. Let all who are called upon to work under circumstances where physical strength is endangered, either at home

or abroad, take note of these things.

On another page of Mr. Macfadden's journal, after giving minute directions for exercising heroically while nude in a room into which free access of air is secured, the author says, "You need not fear catching cold by following these directions, unless you are eating too much."

Again, on the same page, we read:

"Unless you are working at very hard muscular labor, two meals per day should be sufficient. Even when such labor is being performed, two meals per day is better than three, though under these circumstances three meals can, of course, be digested far more easily than when one is doing hard mental work."

Graysville, Tenn.



Olive-Oil and Olives

By John F. Morgan

EVERY particle of food and drink that enters the stomach either benefits or harms the body.

Our health depends upon the quality of fuel we furnish for the running of our human engine. The best is obtained from nature's storehouse. Too much care can not be exercised in the selection of pure foods. We should demand of our grocer a guaranty as to the purity of all food.

Olive-oil is one of the choicest and most palatable of foods. It contains the largest amount of nutriment of any food, the total amount being nearly one hundred per cent, while the best grains and legumes contain less than ninety per cent; animal meat from twenty-two to twenty-eight per cent; fruits and vegetables contain less still. One ounce of olive-oil per diem facilitates intestinal digestion, encourages the action of the bowels, and aids digestion in a remarkable way.

The vegetarian diet is generally too poor in fats. The ripe olive, the complement of fruit, contains just what

fruit lacks, and makes up a perfect diet, being a wholesome source of fat.

Fruits offer acids, sugar, and fluid in abundance, while the olive supplies fat. It is a good diet for those who are suffering with diabetes and Bright's disease, and all those who have lost their ability to digest starch—from rheumatism, liver complaints, etc.

It is a good substitute, with its delicate, nutty aroma, for creamery butter swarming with germs, or for nut butter. Peanuts are more or less indigestible.

Olive-oil is readily accepted by the most sensitive stomach. It tastes good in the mouth and acts well in the stomach. It makes good, fresh blood, strong muscles, is conducive to good nature, a clear brain, and the highest type of wholesome and righteous living.

It stimulates intestinal activity, being slightly laxative in its effect, stimulating the liver and stomach, and encouraging the process of digestion. In nervous exhaustion, and in diseases where the system demands

to be fed rather than drugged, it is indispensable.

Goddard E. Diamond, who is now 107 years old, retains all his faculties,

physical and mental, as a man of 50. He attributes his youthfulness to the free use of pure California olive-oil, both internally and externally.



Bee Stings, Poison-Oak, Snake Bite, Etc.

By Mrs. Geo. A. Lane

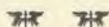
AMMONIA, which is readily obtained by any household, has been successfully used by the writer in the alleviation of the pain of bee and wasp stings and of the effects of poison-oak. The injured or poisoned part should be dipped into the ammonia as soon as possible after the accident, or a small compress soaked in ammonia should be placed over the part. The writer has never had personal experience

with snake bite, but has heard of the successful use of this remedy, even in case of rattlesnake bite.

If boiling hot water be poured through cloth which has been stained with fruit juice before it is sent to the laundry, the stain will be removed.

Lemon juice and salt applied to iron rust on cloth will remove it if the piece be placed in the warm sun for a while and then laundered.

Ukiah, Cal.



Physical Culture and Cigarette Smoking

WE see many strange, almost incomprehensible, things in this world, but the proceeding of all others most devoid of the slightest iota of sense or reason is that of the man who attempts to combine a course of physical culture with indulgence in the cigarette habit. If a man was trying to run a "bluff" on an insurance company by pretending to build up his health while really committing a slow, sure, but disgusting form of suicide, then there would be an evident reason for his course in the matter. But for any one, not an idiot, to attempt to build up his system while indulging in a habit well known to be destructive of physical, mental, and

moral health, is an odd proceeding to say the least. The nicotin and carbonic acid gas absorbed by the smoker is bad enough in all conscience, but to make matters ten times worse all the regular brands of cigarettes are "doped" with some form of opium, hence the absolute mastery which this most contemptible of all vices gains over its victims.

Every intelligent adult member of civilized humanity knows this, yet we are often treated to the "edifying" (?) spectacle of a full-grown man, or something that looks like one, deliberately acquiring this most disgusting, contemptible habit. About the most charitable thing that can be

said of such an "object" is that the fool killer has thus far overlooked him. The only excuse for the average cigarette smoker is that he has acquired the habit before he was old enough to have much sense, and it prevented his getting any afterwards.

Physical culture, in its true sense, means the cultivation of the whole physical system, and any habit or course of action that interferes with any of the physical functions retards by just so much the progress of the

work. One of the most important of all things in physical culture is fresh air. That which is taken into lungs should be as near pure oxygen and nitrogen as possible. But the hopeless idiot, who smokes while exercising, keeps his lungs constantly full of the very things—products of combustion—that the system is constantly trying to get rid of. Add to this the vile poison of opium and you have a strange combination.—*Prof. J. P. Bean, in Human Nature.*



The Mysteries of Sausage

It may be interesting to lovers of sausage to know something regarding its manufacture and composition. The *British Medical Journal*, as quoted by *Public Opinion*, is authority for the statement that "a certain Dr. Schilling is to be credited with the discovery of a new mystery in the composition of that already sufficiently mysterious article of diet—the sausage. He had often noticed moulds lodged in the inequalities of the inner surface of the skin. He examined pieces of dried gut, such as are found in the market, and was surprised to find adhering to them a considerable amount of debris of straw and fragments of

grain. He argued that if such remains were fairly abundant after drying, they must be still more so in the fresh gut used by pork butchers. After repeated examinations he satisfied himself that these intestines of oxen and pigs contained an amount of excremental matter which may be estimated at from 2 to 2½ grams per meter of small gut and 5 per meter of large gut [approximately 1 or 2 thimblefuls of manure to a yard of gut.—Ed.]. One needs only, he says, to see the butcher prepare the gut, by washing in a little dirty water, to know in what state they must be in regard to cleanliness."



ONE observer has noted that slow, regular, deep inspiration and expiration prevent seasickness. It is worth trying, of course, as it costs nothing, and can do no harm; but, as in the case of poison-oak, the "cures" often prove to have little or no effect, even

as a palliative. Many theories have been advanced to explain seasickness, and many "sure cures" have been suggested. But people still get seasick. There is one infallible remedy, but it is rather of the nature of a prophylactic—namely, to remain on land.



Woman's Realm

Conducted by MRS. M. C. WILCOX



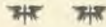
Mother's Room

I'm awful sorry for poor Jack Roe;
He's the boy that lives with his aunt, you
 know,
And he says his house is filled with gloom
Because he has got no "mother's room."
I tell you what, it is fine enough
To talk of "boudoirs" and such fancy stuff,
But the room of rooms that seems best to me,
The room where I'd always rather be,—
Is mother's room, where a fellow can rest
And talk of the things his heart loves best.
What if I do get dirt about,
And sometimes startle my aunt with a shout?
It is mother's room, and if she don't mind,
To the hints of others I'm always blind.
Maybe I lose my things—what then?
In mother's room I find them again,

And I never deny that I litter the floor
With marbles and tops and many things
 more.

But I tell you, for boys with a tired head,
It is jolly to rest on mother's bed.
Now, poor Jack Roe, when he visits me,
I take him to mother's room, you see,
Because it is the nicest place to go
When a fellow's spirits are getting low;
And mother, she's always kind and sweet,
And there's always a smile poor Jack to
 greet,
And somehow the sunbeams seem to glow
More brightly in mother's room, I know,
Than anywhere else, and you'd never find
 gloom
Or any old shadow in mother's room.

—*Harper's Young People.*



One Way to Make Entertainment Profitable

By Mrs. M. C. Wilcox

THIS article must necessarily be a digression from the preceding article, on Winter Evening Amusements, for we can not confine this to winter evenings simply, neither could we narrow it down to the limited meaning of the word "amusement," which is simply to occupy pleasantly.

To mingle profit with pleasure greatly intensifies the pleasure to all who are sufficiently old to appreciate something of the true idea of life. In fact, all who have an ambition to rise above the common level of things, all who have become acquainted, even in a limited degree, with that soul-inspiring Book which contains the germ of all ethics and morality the

world has ever known, it would seem, could never be satisfied with merely passing time *pleasantly*. The great "stream of time is nearing the ocean of eternity." Moments are golden, and as they hurry on to bear their report to the record above, we can never recall them if we would. Life is given us for a grand and holy purpose, and this spirit should be so infused into our children and youth from earliest childhood that they will never either in work or play lose sight of it. While it is true that the young require more amusement, entertainment, and recreation than older people, it is, we believe, possible to combine with all of this that which will be

profitable as well as entertaining, and this should ever be the aim of those who act as guides and instructors in these things.

It is only this kind of entertainment in which young Christians can safely indulge, if they would maintain the elevated standard of Christian character so essential to their profession.

The cheap, frivolous entertainments so much indulged in by many of the young, where sentimentalism pervades in all the songs and games, and where feasting, jesting, and joking run riot, can not be too strongly condemned. No young Christian can come out of such places uncontaminated and with a clear conscience. This kind of pleasure, while it may amuse and entertain for the brief moment, always leaves a sting behind.

Last month we promised to tell you about a club which had been organized for the benefit of the young and called the Mutual Edification Club. This club began with five members, all abiding in the same house. As was deemed wisdom one after another was invited to join, until the number became so large they almost outgrew the double parlors in which they started. According to the name each member was to bring in to each meeting some thought or sentiment which had been a help and inspiration to them in life and which would edify the others. Some good music and recitations were added, to make variety and also to edify.

To change the order a little it was decided to take up a series of topics on character-building, beginning with humility, and continuing on through faith, virtue, knowledge, temperance or self-control, patience, etc.

Singleness of purpose, courage, order, courtesy, promptness, the power and influence of the will, religious liberty, the culture of the voice, and many others were discussed. In following this order it was decided to choose six from our number to lead out in the discussion with three-minute speeches and the rest to follow with minute speeches. Every one must add some thought bearing on the subject. All were expected to speak in order, and all matters of business were to be transacted according to parliamentary rules. This was also educational. For the sake of variety the order was occasionally changed, the president announcing a subject for impromptu speeches after the meeting was opened. These subjects have often been handled in an agreeable and surprising manner.

Word studies have also been given, for the purpose of enlarging the vocabularies. But space will not permit us to give a farther detailed account of this enterprise. For nearly a year this club has been running, not with a waning interest, but an ever-growing interest, and an ambition on the part of the members to make it a real school of development for future usefulness. The majority of the members of the club are busily engaged in work for nine hours a day, a few are in school, but this is held on that evening when many of the young are restless and uneasy, not knowing just what use to make of the time—usually called Saturday night. It is the visitor's sincere conviction, that if more of this kind of entertainment was provided for the young people, there would be less desire on their part to go to questionable places of amusement.

Deference between Husband and Wife

THE man who, after a rude remark to a lady, begged her pardon, saying he had thought it was his wife, was of the kind very apt to be agreeable when outdoors and disagreeable when at home, the man who not only has never profited by the old fable of the sun and the north wind, who has failed to perceive that courtesy is the flower of civilization and the essence of Christianity, but who has never learned that in the long run it is a good-paying investment. No man can hope to retain his wife's affection, if she is much of a woman, who constantly offends her sense of propriety and outrages her feelings by his rudeness. She looks with envy at the woman whose husband listens with the appearance of pleasant interest when she speaks, sees always that she is well served, taps on her bedroom door before he enters, by his own deference obliges that of others; and in the absence of courtesy, and its visible evidence of appreciation, she ends by dethroning the demigod that every woman's husband is to her in the beginning, holding in his place an ideal with small resemblance to himself as the thing she would have liked for the guardian of her home, always a little saddened by realization of the impossibility of its actual existence, and inevitably regarding her husband from a plane of personal superiority.

A corresponding disregard for her best happiness is shown by the woman who allows herself to treat her husband with disrespect, who breaks in upon his remarks, directs upon him her ridicule, points out his deficiencies, and complains of him to others. That woman's husband, after a while, must

feel a deadening of sensibility so far as she is concerned; she may have a partner, she no longer has a lover. And, meanwhile, she has lowered her own standard; for, after all, it is her husband; and if it is not true that as the husband is the wife is, nevertheless the wife takes her rank from and through him; and if he is so poor a thing, moreover, it is supposedly the most in the way of husbands that she could attain.

Manners, said Aristotle, are the lesser morals; and to one who searches there is a moral and a reason behind every principle of their code. The offender against their code is considered a boor because he breaks down that which refines and sweetens life, and nowhere is this code so vital as in the intimate relations of the married, where it stands forever in the way of that rough familiarity which breeds contempt.

There are individuals who have the singular notion that attention to the minute matters of politeness in general is a confession of inferiority, and that, as between husband and wife, it is a silly superfluity. A man is afraid of being thought uxorious; a wife is afraid of seeming afraid; each thinks a certain carelessness, a certain roughness and brusquerie, the desirable method in public, leaving one to infer how much worse the want of courtesy may be in private.

Why it should discredit a man to show, so far as a sufficiently gentle and deferential manner does it, that his wife is of more importance to him than all the rest of the world is, or why a woman should think her acquaintances would esteem her less on

seeing that she looks up to her husband, regards him as the last and greatest work of creation should be regarded—as they every one of them either regard their own, or wish they did—will always be a mystery. For, in point of fact, the more either asserts the other's dignity, gracefully and naturally, and as without effort, the greater proportions that dignity assumes, while really each is honored in honoring the other, and each is happier.

For the rest, the home where delicate manners between the husband and wife are neglected is almost always a scene of strife and vulgar bickering, with partisan feeling. This child resents the careless or flippant indifference on one side; that child resents the bullying on the other; and union and harmony become unknown quantities. But the home where a fine courtesy prevails, where the husband entreats the wife as he would the first lady in the land, and compasses her with sweet observances and sympathetic care, where the wife never fails with the gentle word, the answering smile, the foreseeing thoughtfulness, the compelling respect, is a home where, if love did not exist beforehand, he would come to make his nest and abide continually.—*Harriet P. Spofford.*

Meat Substitutes—Bean Roast

WASH dry beans of any good kind and soak them in clean water over night. Let them cook gently in the same water all the next day, adding more hot water as it evaporates. Do not stir them. The next morning add olive-oil—one tablespoonful to a pint of beans; cook half a day or longer,

until the gravy is smooth as cream, and the beans are very soft and have a sweet taste. Some beans require another whole day.

To each cupful of beans rubbed through a colander add one cupful of rolled crumbs; mix well, and bake one hour. Should be about the consistency of bread sponge when put in the oven. A sprinkling of crumbs in the pan after oiling, and before pouring in the beans, will insure it turning out in a nice loaf, easy to slice.

The boiling should be without any seasonings, to get the best results. If seasonings must be added, let it be later, when preparing for the oven.

A little sage, celery, parsley, or tomato may be used to vary the dish.

By using the different varieties of beans a number of dishes may be served, each kind having a distinct flavor of its own when cooked as directed.

Good hot for dinner, or sliced in sandwiches; plain, or served with a light sauce.



WHAT is mischief? — Primarily, hunting employment. The first mischief is not premeditated, but comes accidentally and incidentally while the child is endeavoring to patch out the neglect of its elders in providing it with legitimate employment. The habit once gained, there is perhaps enough of the humorous in the child's make-up to induce him to repeat the act for pure mischief.—*Bessie L. Putnam.*



PRESIDENT NICHOLAS MURRAY BUTLER'S definition of character: "The power to say, No."



Editorial Articles



Uncooked Foods

WE have recently been requested to give our opinion regarding uncooked wheat bread. We have no acquaintance with this food personally, and can only consider the matter in the light of the principles involved. The statement is made in a circular issued by a manufacturer of uncooked wheat bread that "cooking not only destroys the vitality of the food, but makes it a poison." "Eat uncooked, healthy, live food and live, or unhealthy, cooked, dead food and die. 'There is no life without life,' and no continuation of life without other life."

This is all assumption, and gives evidence of ignorance of the real nature of foods and digestion. Many foods can be eaten raw with advantage, and no doubt the cook-stove is used too much; but that cooking converts foods into poisons remains to be proved.

The greater part of animate creation—the vegetable kingdom—gets all its nourishment from non-living matter. The air and soil provide oxygen, carbon, hydrogen, and nitrogen; and from these elements and a few others the plant builds up its complicated structure. From the non-living *only*, the plant gets all the material with which it makes up its living tissues. This fact itself is a refutation of the statement that "there is no continuation of life without other life."

Again, is it supposed that wheat which has been masticated and subjected to the action of the gastric juice

is still "alive"? Would it grow if planted? All physiologists know that in whatever form carbohydrates are eaten they enter the blood current in the form of grape-sugar. Whether the food was some wheat eaten raw, or a baked potato, or a granose biscuit, or an apple, the result is the same so far as the final product is concerned: it all turns into grape-sugar, that is, if it is taken into the blood at all. Quite often raw starch is not digested at all, and as a rule it is much harder to digest than cooked starch.

Again, whether an egg be eaten raw, or soft boiled, or hard boiled, the proteid material goes into the blood in the form of peptone. Whether the food be cooked or uncooked, the process of digestion destroys any life that may be present. So far as the final product is concerned, it matters little whether a food is cooked or raw; the only difference is that with cooked foods less digestive effort is required by the system, as cooking is a process of partial digestion. Starch granules, which are very difficult of digestion in the raw state, are by the process of boiling broken open so that digestion becomes a comparatively easy matter. Any one can try the experiment for himself.

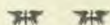
First secure a solution of iodine containing one grain iodine, two grains potassium iodide to one ounce water. When this solution comes in contact with undigested starch, it becomes

blue. Fully digested starch gives no reaction to this solution—that is, it remains colorless.

If a bit of raw starch, wheat, for instance, be masticated for, say, one minute, it will yield a blue color when treated with the iodine solution, showing the presence of undigested starch. If, on the other hand, a little starch paste be masticated for awhile it will yield no test for starch, and Fehling's solution will show the presence of an appreciable amount of sugar. Nearly every one knows something of how a raw potato would go as a food. It is practically indigestible by the saliva, whereas cooked potato is very readily digestible.

If one understands that the living plant structures use *no* living food in their growth, and that the gastric juice cuts and corrodes the food until it is changed much more than cooking changes it, it will not be difficult to detect the fallacy of the raw food theory.

But we have nothing to say against the use of raw foods—foods in their natural state—much more than is usually practised. Fruits and nuts especially (excepting the peanut), having little or no starch, are excellent raw, and are so eaten by many. The cereals, for most people, are much better cooked—and *well* cooked. The legumes, especially beans, require thorough cooking.



The Use of Sugar as a Food

MUCH has been written about the comparative value of the various forms of sugar. The writer has, for some time, had a growing conviction that there is not so much difference in the nutritive value and the healthfulness of the different sugars as one might suppose from a perusal of some of the literature on the subject.

The sugars which are present in the sugar cane, beet, and maple (cane-sugar), in malt (malt-sugar), and in milk (milk-sugar), must be changed into grape-sugar or fruit-sugar before it is absorbed into the blood. Grape-sugar and fruit-sugar require no such change.

But it is said that the intestines have an abundance of juice to rapidly invert cane or milk-sugar, transforming it into grape and fruit-sugar. In whatever form it is used sugar finally enters the blood in the form of grape

or fruit-sugar. This is the fuel of the body, and is, by its oxidation, the means of liberating the heat and energy necessary for the body. When one eats potato or bread, or starch in any form, it is finally converted into grape-sugar, passing through the stages of dextrin, malt-sugar, grape-sugar.

Malt-sugar and its products are no more digested than is cane-sugar, and it is a mistake to think that one can, with impunity, eat large quantities of malt preparations, but must leave cane-sugar entirely alone. Cane-sugar in concentrated solution, or when used too freely in foods, acts as an irritant to the digestive organs. Nature usually puts up her sugar preparations quite dilute, as in the fruits. Honey is a notable exception; and some have perhaps noticed the burning sensation in the throat following the ingestion

of a large quantity of honey. This has been thought to be due to a poison injected into the honey by the bees; but it is more probably due to the concentrated condition of honey, which contains 82 per cent of solid sugar; that is, 100 pounds of honey contain only 18 pounds of water. The rest is grape-sugar and fruit-sugar. Honey, therefore, is not a luxury, but a highly concentrated food, ready for immediate absorption and assimilation. While many of the artificial sugar preparations turn sour in warm weather, honey keeps sweet, because it is too concentrated to permit of the growth of germs. It is a rich food in an aseptic and antiseptic condition. It will sometimes agree with those who do poorly on fruits, and in the experience of the writer it is a food that could be used much more freely with advantage.

Objection has been made to the free use of cane-sugar in canning; but it should be remembered that cane-sugar when heated in the presence of an acid, as is the case when the sugar is cooked with the fruit, is converted into grape-sugar and fruit-sugar. The only objection, then, is that the fruit may be too rich in sugar and so cause

irritation of the mucous lining of the stomach.

One of the principal objections to the free use of sweets is that the tendency is to an overconsumption of food. Sugar itself is a highly nutritious food, and when it is added to foods, as deserts and puddings, one is tempted to partake of food when the appetite would not call for anything more were it not for the sugar. This easily oxidized material is burned up, and consumes all the oxygen, leaving little or none for the oxidation of other food products; and it is these imperfectly oxidized matters which act like clinkers instead of ashes, and clog the human machine.

For one exposed to severe weather and doing hard work sugar may be used in almost any form quite freely. Those of sedentary habit do well to use it sparingly. Do not be misled by the idea that preparations of malt have an advantage over other sugars in this regard.

A careful use of sugar, even cane-sugar, will not harm any ordinary person. On the other hand, a too free use of any sugar, even the malted sugars, will harm anybody.



HERE is an advertisement which speaks for itself:—

"DEER SHOOTING.—The prospects for deer shooting in Northern Wisconsin and the upper peninsula of Michigan the coming season are exceptionally good, and fine sport is assured. Reduced rates will be made for excursion tickets from Chicago and Milwaukee to points on and *via* the Chicago, Milwaukee & St. Paul Ry. A synopsis of the game laws

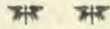
now in effect may be obtained on application to Robert C. Jones, Michigan Passenger Agent, Detroit, Mich."



What has so obliterated man's finer feelings that he can call it "fine sport" to send a bullet crashing into the sensitive body of a deer and rob the creature of the life to which it is entitled? What has made vandals of

men, so that it is a pleasure to wantonly take the life of what we are pleased to call "the lower creatures?" As a matter of fact, they are superior to man in some respects; for one animal hardly ever kills another except for food or in self-defense. That per-

son who can find pleasure in inflicting pain on even the lowest of creatures gives evidence of deterioration. Whether this is due to excessive use of flesh, or of alcoholic liquors, or of tobacco, the writer is unable to determine.



Answers to Correspondence

By the Food Factory Man

FOODS CONTAINING IRON.

MR. J. H., Nev.: We have no foods prepared with special reference to the iron they contain. The oatmeal preparations, as granola and oatmeal crackers, contain more iron than any of the other grain preparations. Eggs and spinach are rich in iron.

CURE FOR RHEUMATISM.

MRS. M. C. J., Tenn.: You are asking a hard question. If we knew some real good remedies for rheumatism and how they would act, we would soon be benefactors for a great many people. Rheumatism is a name for a number of diseases and has a number of causes, and the cause must be found out in order to effect a cure. As a rule, rheumatism is connected with stomach disorder of long standing. There may be, as you suggest, a disease that resembles rheumatism from the trichina, and tobacco may also possibly be a cause.

If possible it would be well for you to go to a sanitarium where they could give you a thorough examination and place you under proper care.

FOODS FOR CONSTIPATION AND OBESITY.

MISS L. G., Cal.: We have sent you the best cracker we have for constipation, the Graham cracker. For reducing fat we have no food that would be of special advantage. For constipation I would suggest that in addition to Graham bread, crackers, and granose, you use a mush prepared from bran once a day. This is quite palatable if taken with cream, but if you want to reduce your flesh, you should not eat cream. You should eat coarse vegetables and fruit in considerable quantity, taking special exercise which will bring into play the abdominal muscles; for instance, forward and backward bending, touching the floor with the hands each time, side bending as far as possible, bringing all the abdominal muscles into play. Massage and kneading to the abdomen is excellent. In order to accomplish the best results, five or ten minutes must be taken two or three times a day in vigorous exercise of this kind. Constipation can not be cured by diet alone, if it is at all severe. In order to reduce flesh, you

should avoid as much as possible the use of sugar, fats, etc., and live quite largely on vegetables and fruit. Do not eat very much bread. Use no cream at all. Grains, sugars, syrups, honey, cream, rich milk, pastries, butter, are all fattening, and should be avoided.

RAW NUTS, ACID STOMACH, DIABETES.

E. H. W., Cal.: Regarding raw nuts, they are first rate for monkeys, and I think for any one in good health and fair digestion, in fact. I know a good many people with unfair digestion who manage to use nuts pretty well in the raw state. The difficulty about nuts is that there are little bits which are swallowed that the stomach can not grind up, and hence are indigestible, for the nut never can be ground by the teeth as it can be in the mill. The almond butter made by us is practically raw. The cooking does not amount to much; the only difference is that it is ground so fine that the cells of the nut are broken up and allow the digestive juices to come in close contact with the nutritious portion of the nut.

For the ordinary person I do not believe that a certain amount of indigestible material is a disadvantage. The walnut if old is apt to develop butyric acid the same as in rancid butter, and cause heart burn. If, however, the nut is fresh and well masticated (eaten perhaps with zwieback or some other hard food), this tendency may be obviated.

Regarding acid stomach, this depends very largely on the cause of the acid, and it would be necessary to make a chemical analysis in order to determine the nature of the trouble.

However, acid stomachs are usually due to excess of hydrochloric acid, and anything which tends to irritate the stomach walls will increase the production of the acid. The sweets as a rule greatly increase irritation, and hence honey or any sweet is apt to be bad for the stomach, because of its tendency to irritate, and this applies not only to honey, but to such hygienic foods as meltose, food candy, etc., when eaten in quantity. As a rule oils tend to decrease the production of hydrochloric acid, perhaps by acting as a bland, non-irritant coating on the stomach walls. Whether the oil in the nuts would counteract the effect of the small particles of nuts would have to be determined by each individual. The man with a sour stomach could quickly tell whether nuts hurt him or not by trying them.

Regarding meltose in diabetic cases, I would say theoretically it is not good. Meltose is similar to the sugar formed from starch in digestion. Another form of sugar which is recommended for diabetes is milk sugar. This has not the same sweetening power as ordinary sugar, and is more expensive, costing, perhaps, twenty cents per pound at the drug store, but it is fully as nutritious, and would certainly be much more nutritious than an equal quantity of sugar and starch, which might be eaten simply to be carried off by the disease.

Of ordinary stomach troubles, I have never found a case that could not handle malted nuts. Of course there are cases so bad that nothing would stay on the stomach. We had one case in which everything that was put into the stomach, even water, came up as fast as it went down. In this case we gave ground ice and malted nuts,

which stayed down. Of course every case is different from every other one, and sometimes the longer we work at it the more we think we do not know about it.

A. A. E., Cal.: Bromose is ready to eat without any preparation. The only direction needed is not to eat too much of it, as it is a concentrated food. Two or three tablets a meal are probably all that you would want.

If I understand your case, rest will do you more good than anything else. You have probably studied hard, neglected to take proper exercise and sleep, encroached on your meal hours, and in other ways played a losing game. I know how this is; when one knows that his examination is at hand he will do almost anything to pass, and sometimes at a heavy cost to himself physically.

In order to get permanent benefit you must secure proper rest and exercise, take time to eat, eat slowly, have good companionship at meal-time, and above all do not use the meal-time to quiz on lessons. Make it a time of hearty enjoyment. If possible, secure a table companion who has a hopeful, happy disposition. Having done this, you will get far more good from a special diet than you would otherwise.

Now as to the foods: Bromose is composed of malted cereal and nut, partly predigested. It contains more protein and fat than the system requires, and hence is an excellent food to add to a vegetarian diet, which ordinarily is rather deficient in protein and fat; for instance, cereal foods are rich in carbohydrates and poor in pro-

tein and fats. I would suggest that, in addition to bromose, use granose or granola and cream with such fruits and vegetables as you find agreeable. Do not combine too many things together, and avoid using rich pastries and desserts. Vegetables and fruits are better not eaten at the same meal.

E. L. M. Cal.: Germicides are poisons, and the effort to wage warfare against germs in the body by means of a poison is like a two-edged sword, and cuts both ways. They kill the germ and also the person who is fighting the germ. Until one builds up his vital resistance, the germs will have the better of it, and it is a very poor plan to try to build up one's vital resistance by means of disinfectants, antiseptics, and germicides.

It may be all right to wash out your stomach once in a while, but the chances are if you let it alone and trust it more, it will give you better service. There are probably more people made dyspeptic by studying the problems of dyspepsia and digestion than in any other way. We have in our sanitarium two classes of patients, one who eat anything and everything, regardless of consequences, and another class who are over-careful about what they eat, always fearing that something they eat will hurt them, and really I believe the people who are reckless get along a little better than the others. There is nothing so damaging to a person's health as the habit of studying one's self, and there is no habit harder to break up when it is once formed.

PACIFIC HEALTH JOURNAL

MONTHLY—DEVOTED TO

Family Hygiene and Home Comfort

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All contributions, exchanges, and matters for review should be sent to the Editor, Sanitarium, Cal.

VOL. XVIII.

Oakland, California, March, 1903.

No. 3.

Granose Flakes and Biscuits

ONE can easily remember when mush as a morning food was seldom seen. Later the mush fashion took such complete possession of the American people that as a nation we have come to have what has been termed, not inappropriately, the "mush stomach." Undoubtedly the free use of mush is one important cause of the "American stomach." While mushes and porridges are rich in nutritive material, their consistency makes them more or less difficult of digestion. They are seldom completely cooked, and their continued use results, sooner or later, in a debilitated state of the digestive apparatus.

Seeing the evils of mush eating, some have engaged in an educational campaign, the result of which has been a marked reaction in the dietetic habits of the people. The mushes are being replaced by oven-cooked grains in various forms, and these foods have been so successfully advertised that millions of dollars are now invested in the manufacture of "health foods." Some of these are excellent and sell upon their merits. Others, it must be confessed, sell as do patent medicines, through the medium of a vast, vigor-

ous, and never-let-go system of advertising, which keeps before the American people everywhere and all the time the names of these foods in terms of highest praise. That these foods, as a rule, possess some merit can not be doubted. But the claims made for them are often preposterous; and it is on these unwarranted claims, almost entirely, that the unprecedented sale of these foods depends.

Granose is a food which was on the market before "health foods" became a means of laying up fortunes on the credulity of the American people. It is not claimed that it furnishes ten times as much nourishment as meat, wheat, etc. It is not claimed that it is a cure-all, nor that a few teaspoonfuls will be sufficient to nourish a person for a day. We leave other manufacturers to make such claims, which in fact have often been so barefaced that the experiment stations of the United States Government have, in some cases, found it advisable to issue pamphlets exposing the fraudulent nature of these claims.

Granose is simply *wheat* carefully selected and cleaned, thoroughly cooked (about ten hours in all), and rolled

out in exceedingly thin flakes. It is nutritious, very digestible, and is accepted by the most delicate stomachs. It has no cheap molasses in it to destroy the natural flavor of the wheat and to cause digestive disturbance. It is simply nature's food, thoroughly cooked, predigested, crisp, ready to serve at once, or to use in making shortcake, pie crust, etc.

Eaten with cooked or canned fruits, —peaches, pears, apricots, berries, etc., —granose flakes and biscuits make a delightful combination.

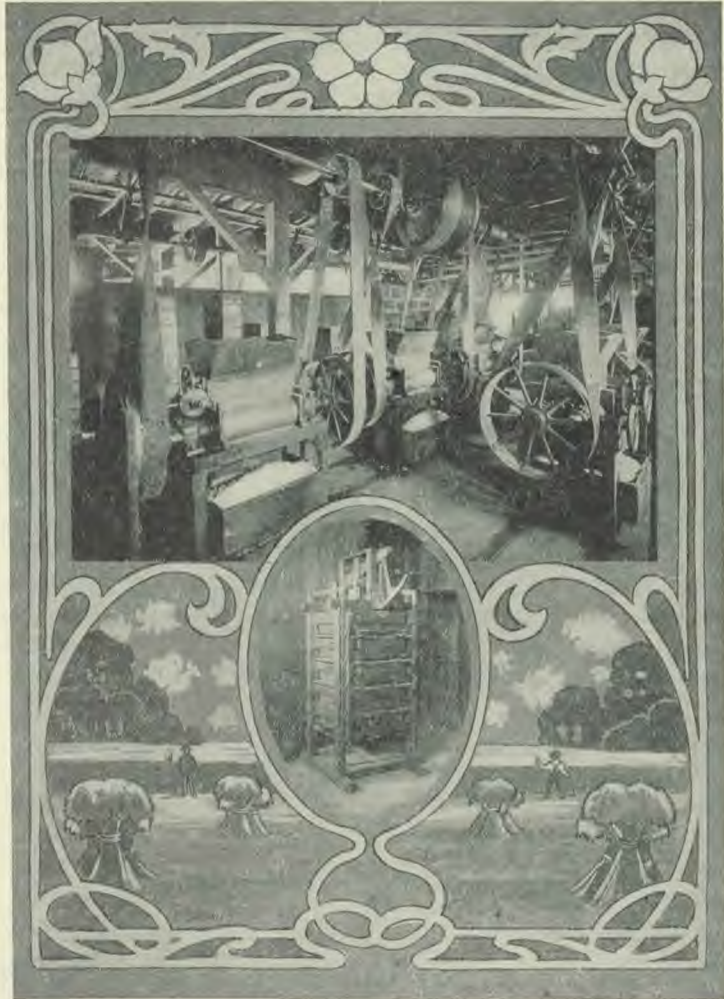
We give herewith a few recipes for the use of granose.

As mush for breakfast, place the desired

quantity in a moderate oven for a few minutes until slightly browned, when it is ready to place on the table. Serve with hot or cold cream or milk, or fruit juice; or, after heating, use in place of toast for poached eggs.

Granose Drop Cakes.—The yolks of three eggs, one-half cup sugar, two tablespoonfuls nut butter, beaten to-

gether to a cream. Add one tablespoonful lemon juice. Fold in the well-beaten whites of the eggs and two cups of dry granose flakes. Drop



in spoonfuls on oiled tin; bake fifteen or twenty minutes.

Granose Croquettes.—Take one cup slightly-juicy, simmered protose, one egg, salt to taste, and just enough granose flakes to shape. Form into rolls, and bake in a moderate oven twenty minutes. Serve at once.

Granose Dumplings.—Pare and remove the cores from quickly-cooking, tart apples. Fill the cavity with sugar; moisten dry granose with nut cream sufficiently so that it can be passed around the prepared apple the same as dough, and bake until the apple within the dumpling is tender. Serve with cream or lemon sauce.

Granose Hoe Cake with Maple Syrup.—One-half pound granose, one cup gluten meal, No. 3, three eggs, one quart good milk. Take the granose flakes, spread evenly in a large pan; sprinkle the gluten meal over granose, then break eggs in the milk; stir until whites are dissolved, then pour over granose; let stand for two minutes, then form into cakes as dry as possible. Bake in a quick oven until brown. Serve with maple syrup.

Granose biscuits are made from granose flakes pressed into biscuit form. They contain no yeast, baking-powder, or soda, yet they are lighter than any biscuits so made.

They are dainty and palatable, and are delightful for breakfast, luncheon, or dinner. They may be used as any other biscuit or in the same manner as granose flakes. They are rendered crisp by being placed in the oven for a few minutes. For picnics and camping parties, they are an ideal food, always ready for immediate use. Both granose flakes and granose biscuits will keep indefinitely in any climate. They are conveniently put up in neat paper boxes and are on sale at most grocers.

Persons troubled with slow digestion are benefited by eating a bowl of granose every morning dry. In this way the saliva becomes thoroughly mixed with the food, thereby promoting digestion.

A...

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
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